

# Learn hands on healing to heal yourself and others



Location **East Midlands, Nottinghamshire**  
<https://www.freeadsz.co.uk/x-536322-z>



## Tera-Mai Reiki 1

This one day workshop gives you the ability to channel Reiki for life.  
 It includes:

1. The history of Reiki, the principles and the theory.
  2. How Tera-Mai Reiki came into being and the benefits of this system.
  3. Practice healing and learn the hand positions for treatments and for self-healing.
  4. How to heal animals and plants.
  5. What to do with negative energies.
  6. How to use Reiki for affirmations.
  7. How to protect yourself.
  8. Receive four attunements to Reiki and an attunement to St Germain.
  9. How to conduct a treatment and when not to.
- Cost £80 (concessions available)

Workshops are held in Kirkby In Ashfield, NG17 7HY.

Next workshop is: Sunday 23 July 2017, 10am.



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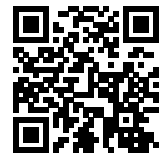
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